

"Your Store"

and Summer HOSIERY

wanted colors. Priced 50c pair.
umber in Silk and Fibre. Black,
A very popular number owing
r and moderate price. \$1.00 pair.
Silk Hose in black, white and
98 a pair.
weight Silk Hose. Priced \$2.50

a large and complete assortment
Hosiery. Our stock of Children's
also complete. New numbers
i. Neckwear, Blouses, Toilet
nery, Silk and Fabric Gloves,
s, Yard Goods and Pictorial
erns.

Ger Davis Co.

WIS. Phone 270.

SUMMER DRESSES

In a Presentation of Lovely
Wash Frocks for the Sunny
Days of Summertime.

The Summer days are here—the days when every
occasion is an out-of-doors event and all women don
Frocks of airy, fairy fabrics, flowery in colors and re-
freshing in comfort. Such are the nature of the Frocks
we have assembled for your inspection.

Silk Pongee Frocks	Frocks of Voile	Linen Frocks
Several Styles \$9.95	\$5.95, \$7.50, \$9.95	\$5.95, 9.95, 14.95

BRADLEY BATHING SUITS

Ladies, Misses and Children

Half your joy in swimming depends on the beauty of your suit.
All your comfort rests on its correct proportions, and in addition to
these things, good looks and comfort, you buy full assurance of fast
colors and permanent shapeliness, when you buy a BRADLEY
BATHING SUIT. You'll be delighted with the novelty and
smartness of the new styles.

LADIES' BATHING SUITS \$3.95, 4.50, 4.95, 5.95, 7.50.

<h3 style="text-align: center;">New Blouses</h3> <p>In a variety of styles and materials with long or short sleeves, made of English Broadcloth and Dimity. Priced \$1.95 and \$2.45.</p>	<h3 style="text-align: center;">Iris Silk Crepe</h3> <p>A great demand for this crepe, a material that will not crush, very serviceable, in several shades, 36 inches wide, \$1.19.</p>
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Brown, Buck & Co.,

Norway, Maine.

EAT What You Like

L.F.

"L.F." Atwood's Medicine makes weak stom-
achs strong. It tones the stomach, stimulates
liver and bowels and maintains regular,
healthy elimination. Large bottle 50 cents—
1 cent a dose. All dealers.

"L.F." MEDICINE CO., Portland, Maine

Makes Digestion GOOD

HAYING MACHINERY

McCORMICK
DEERING

Tractor Mower

Louden Barn Equipment

Get Your Repairs Early.

A. W. Walker & Son,

SOUTH PARIS, MAINE.

Posters

That are effective and artistic, and
those we print at the Democrat
office. Try us.

Strand Theatre

SOUTH PARIS

C. A. WOODCOCK, Res. Mgr.

Program for Week of June 30

Tuesday, July 1, at 7 and 8:45

Goldwyn presents the Tod Browning Production,

"THE DAY OF FAITH"

Featuring Eleanor Boardman, Ray Griffith, Carmel Myers, and Ford Sterling. Theme: Drama revolving around faith in humanity—with central figure adopting the humanitarian creed based upon "My neighbor is my self." Heroine inspires faith in young soldier and generates sunshine in man's soul.

Comedy—"Racing Kid." International News.

Prices 15c and 25c.

Wednesday, July 2, at 7 and 8:45

"THE SHEPHERD KING"

Star, VIOLET MERSEEREAU

Theme: Biblical drama of the conflict between the forces of Saul and the Philistines, involving the ascendancy to the throne of David and his romance with Saul's daughter. A picture that every Old Fellow should see.

Comedy—"Hot Sands." Topics of the Day.

Matinee, 10c and 25c. Evening, 15c and 35c.

Thursday, July 3, at 7 and 8:45

"THE BRIGHT SHAWL"

Star, Richard Barthelmess with Dorothy Gish.

Symposium: Romantic drama. Based on J. Kerguel's novel. Wealthy New Yorker in Cuba aids patriots in rebellion against Spanish rule. He is thrust into adventure and romance, Spanish dancer, through abduction for American, turns against her countrymen and dies in consequence. He wins sister of insurrectionist.

Comedy—"365 Days." Pathe Review.

Prices 15c and 35c.

Friday, July 4, at 7 and 8:45

"Blow Your Own Horn"

With Ralph Lewis, Warren Baxter and Dorely Pedeus. Theme: Comedy-drama of a young man who starts in to get his place in the sun by "blowing his own horn."

Ghost City No. 2. International News.

Matinee 10c and 25c. Evening 15c and 25c.

Saturday, July 5, at 2, 6:45 and 8:45

REGINALD DENNY "Sporting Youth"

Theme: Comedy-drama of a chauffeur who is mistaken for celebrated English racing motorist. He enters his employer's car in road race and wins. He has luck with his romance, too.

Comedy—"The Perilous Leap." Better Milk.

Matinee 10c and 25c. Evening 15c and 25c.

Monday, July 7, at 7 and 8:45

"The Sunshine Trail"

Star, DOUGLAS MACLEAN.

Theme: Comedy-drama of the West. Cowboy-dogboy returns home. He is a scatterer of sunshine, but the more sunshine he tries to scatter, the more trouble he gets into. Is accused of a bank robbery and kidnapping. Through loyal sweet-heart he is vindicated and honored.

Comedy—"Full Speed Ahead." ESOP'S FABLES.

Prices 15c and 25c.

COMING SOON.

Douglas Fairbanks in "Robin Hood." Harold Lloyd in "Girl Shy." Baby Peggy in "The Darling of New York."

No matter how hot it is, at the Strand it is COOL.

HILLS

Registered and Optometrist and Optician

Eyes examined, glasses fitted, adjusted and repaired. Thirty-four years fitting glasses in Norway. We can duplicate your broken lens no matter how fitted you. Everything optical. No fancy prices. Toric lenses cost but few cents extra. Did you ever stop to think that a first class Optician, Optometrist, or Oculist will not have to travel from town to town, house to house, fitting glasses? Take no chances on your eyes. See me about your eyes—it's the wisest thing to do. No drops or dangerous drugs used in the examination of the eyes. Office Hours: 9:30 to 12:30 to 5 P. M. Monday and Saturday evenings. Other hours by appointment. Office Phone 120-2; Residence Phone 207-2.

185 Main Street,

Opera House Block, Norway, Maine.

Look for the "Clock in the steeple."

Electrical Appliances General Repairing

Radio Supplies House Wiring

Mazda Lamps

Hill's Electric Shop

45 Market Square. Phone 190-2 South Paris, Me.

One More Case Where Medical Science Wins

Over Surgery.

Try Dr. Donnell's Indian Gall Stone Solvent First. Proved Good Advice.

Just a few lines to let you know what Dr. Donnell's Indian Gall Stone Solvent did for me. My family doctor told me the only way that my gall stones could be removed was by an operation. On advice of one of my friends that had taken Dr. Donnell's Indian Gall Stone Solvent, I had the doctor come to my house and after taking his Gall Stone Solvent for nine days, I passed six stones the size of a lima bean, and took down to my family doctor and showed him the results of Dr. Donnell's Indian Gall Stone Solvent.

Signed, MRS. J. E. MORENCY, 30 Horton Street, Lewiston, Me.

All druggists.

"Mah Jong"

PUMPS

Patent Leather \$4.85

Airdale Suede \$4.95

Our terms are cash—we sell for less.

E. N. SWETT SHOE CO.,

Norway, Maine. Phone 38-2

Homemakers' Column

Correspondence on topics of interest to the ladies is solicited. Address: Editor HOME MAKERS' COLUMN, Oxford Democrat, South Paris, Me.

How to Make Sponge Cake.

Sponge cake is always welcome, whether topped with luscious sliced peaches or strawberries, or used as the piece de resistance of afternoon tea or a picnic supper.

Of course, much depends upon the baking, and for sponge cake, as for any other cake, the use of a heat-regulated oven or a portable oven thermometer solves the problem. By the use of one or the other, it is possible to heat the oven to the desired temperature, and to maintain this temperature throughout the entire baking period.

The Institute has a favorite sponge cake recipe which is easily made and always produces a cake which is light, fluffy, and delicious in texture. To make this cake, measure and combine one and one-fourth cups of sugar and one cup of water. Place over a rather slow heat, and stir until the sugar is dissolved. Then continue simmering with out stirring until the syrup reaches 238° F., or through when tested with a fork.

Meanwhile separate the yolks and whites of six eggs. Beat the egg-whites until stiff enough to hold their shape on the bowl in which they are beaten is inverted. When the syrup has reached the desired temperature, pour it over the beaten egg-whites very gradually, beating constantly. Continue beating until the mixture is quite cool. Next beat the six egg-yolks until they are thick and lemon-colored, and to them add one-half teaspoonful of vanilla. Beat well, and then fold into the egg-white mixture thoroughly.

As the next step, measure and sift together one cupful of pastry flour, one-fourth teaspoonful of salt, and one teaspoonful of cream of tartar. Fold this flour mixture into the egg mixture and continue folding until both mixtures are thoroughly combined. Grease a loaf or angel cake pan very lightly, and dredge well with flour. Be sure that no surplus flour is left in the pan. Pour the mixture in the cake pan. Bake in an oven which has been pre-heated to 320° F., and bake for one hour at this constant temperature. It is not necessary to examine the cake until the baking period is over, for with a constant 320° F. heat, there is no danger of the cake burning. At the end of the baking period, instead of removing the sponge cake from the pan immediately, turn it upside down on a cake cooler, which allows a circulation of air under the cake. Allow the cake to remain in this position until it has shrunk sufficiently from the cake pan, and then lift off the pan. The cake should be as light as a feather, even grained, and delicate of texture. Such a delicious cake in itself is most frequently served without frosting, with just a sprinkling of powdered sugar over the top.

Often one desires a smaller sponge cake, and the following is an excellent recipe: Separate two eggs and beat the yolks until light. Add gradually one-half cupful of sifted sugar, and one-half teaspoonful of cream of tartar dissolved in one teaspoonful of cold water. Beat again until very light. Add the grated rind of one quarter of a lemon or orange. Meanwhile measure and beat the egg-whites until stiff enough so that the bowl in which they are beaten can be inverted. Add the sifted flour and beaten egg-whites alternately to the egg-yolk mixture. Pour into a lightly greased and floured pan and bake at 320° F. for forty minutes.

Salt, Its Use as a Seasoning. "It's bad luck to spill the salt." This and similar ancient superstitions show that salt has been known for a very long time. Then there are other references to salt which go far back in civilization, but it has been found that the use of salt is an acquired civilized habit. People living in a primitive state of civilization do not use salt, and do not crave it, but people who are accustomed to using salt crave it, and they especially crave it with vegetable foods.

In the past few years there has been a craze for a salt-free diet for the treatment of many diseases and even in health, but the tendency is now somewhat the other way. Extreme salt restriction, except in a few diseases, is now passing out. Salt is a normal constituent of the body, there being about eight parts of sodium chloride or common salt in one thousand parts of human blood. The hydrochloric acid of the gastric juice is formed from the chloride of the salt.

Food naturally contains sufficient salt to meet the needs of the body. The main reason then for adding salt to foods is flavor, for it certainly adds a zest to foods when one is accustomed to its use. Salt is the most important condiment, being used by more people and in larger amounts than any other condiment. It is also quite important in this position, as a pleasing taste is conducive to good digestion.

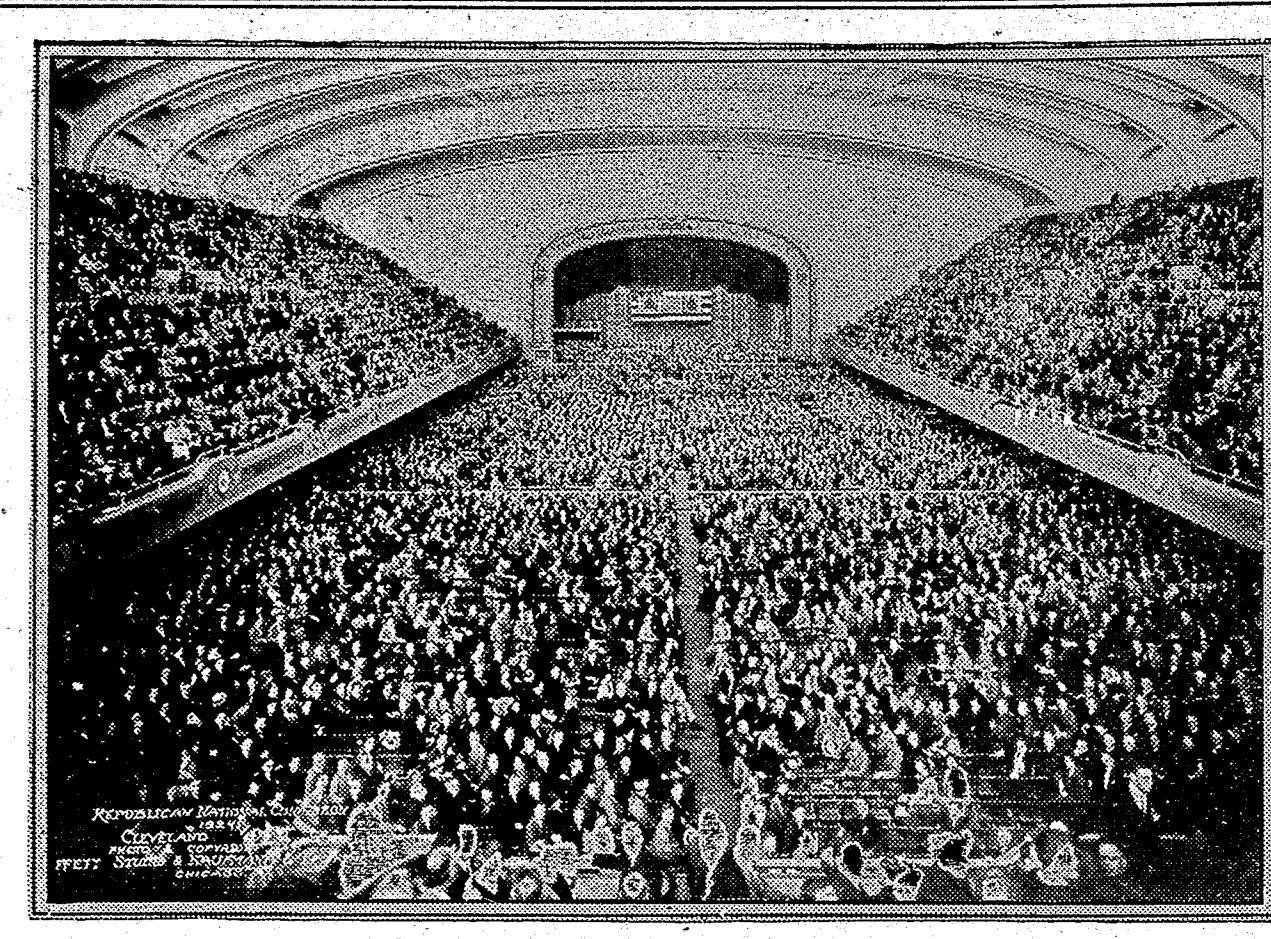
Most people, however, eat too much salt, the average daily consumption being about two-thirds of an ounce for each person, and some use considerably more. This is about three or four times what it should be. The excessive pouring of salt on the food at the table is due either to a careless habit, or to an attempt to disguise the flavor of poorly seasoned or otherwise improperly prepared food. Each vegetable has its own flavor, which may be lost when salt is used excessively, and the desirable thing is to have this true vegetable flavor developed to the highest degree. Salt brings out the vegetable flavor and may be added until this point is reached, but it should not be added to the point where the flavor of salt is distinguishable.

Salt is largely a question of method rather than amount. It is better to add salt before the food is cooked, thus cooking the flavor in, for a small amount of salt added to foods before or during cooking penetrates to all parts of the food uniformly. This was borne out in experiments conducted in Good Housekeeping Institute. String beans were selected for the experiment, as any toughening of the fiber could readily be detected in them. Equal quantities of string beans were cooked in amounts of the same size and material, with equal amounts of boiling water, and for the same length of time, over uniform flames. To the beans in kettle number one, salt was added at the same time the water was added. To the beans in kettle number two, salt was added one-half hour before cooking was completed. Salt was added to the beans in kettle number three after they were cooked. The beans cooked with the salt were not so dark a green as the beans cooked without salt, but the difference was very slight. Very little if any difference in tenderness could be detected, and all preferred the flavor of the beans which the salt was added in the beginning, with the beans to which salt was added the last.

When salt is added to the food after it is cooked, there is a probability that more salt will be added than is needed. The salt will not penetrate to all parts of the food, and the flavor will not be so well developed. One will also probably be able to detect a salt flavor, and the effect will last not only in the mouth, but also in the stomach.

Salt should be added to the foods to be cooked in proportion to the amount of liquid to be used rather than to the amount of food. In cooking cereals, use one to one and one-fourth teaspoonful of salt to a quart of liquid. The salt should be added to the water before the cereal is added, and in cooking vegetables, the members of the testing staff found that either one or one and one-fourth teaspoonful of salt to a quart of the cooking medium produced the most satisfactory flavor.

One-half teaspoonful of salt to each pint of liquid was found to be satisfactory for white sauce. In making white sauce the method of adding salt to the flour and then cooking with the fat, adding the liquid last, is preferable to either the method of creaming the fat and flour mixed with the salt, and then adding the milk, or of adding the seasoning to the white sauce after it is cooked, as the



View of the Republican National Convention.



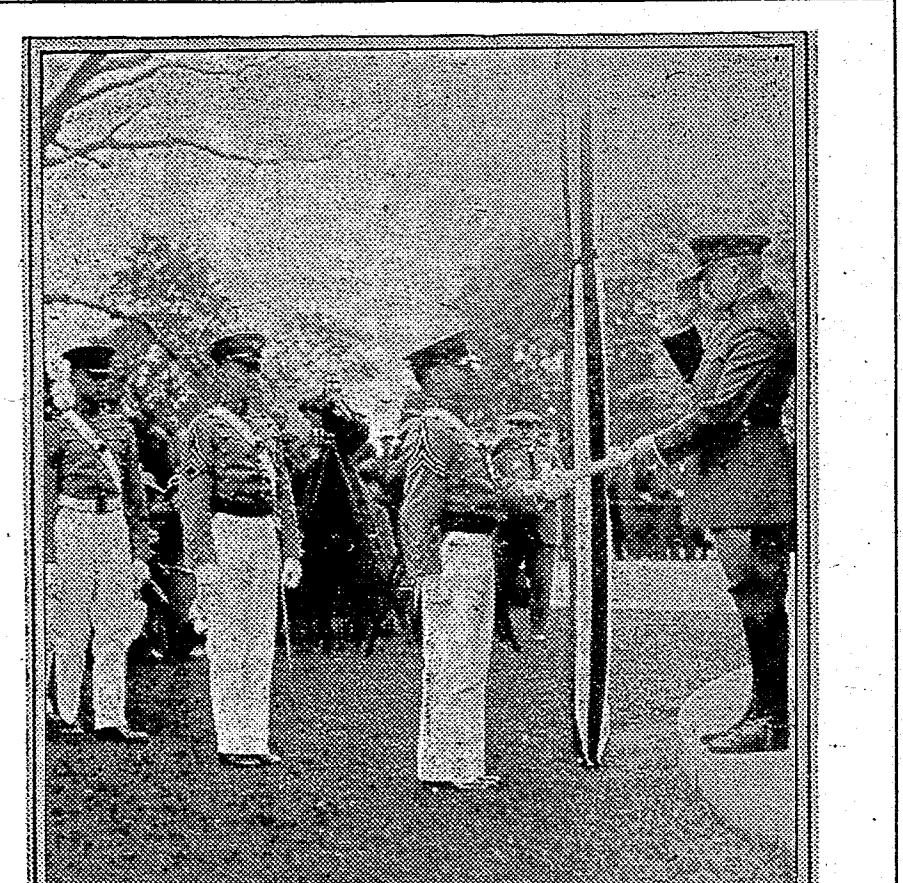
Calvin Coolidge.

Above is an excellent portrait of President Coolidge, who was nominated on the first ballot at the National Republican Convention for re-election.



"Hell-and-Maria" Dawes.

Above is an excellent photo of General Charles G. Dawes of Chicago, who was nominated for Vice-President at the National Republican Convention.



Graduation Day at the Military Academy.

Gen. John Pershing is distributing the diplomas to members of the 1924 graduating class of the U. S. Military Academy at the annual exercises at West Point. The largest class in the history of the academy was graduated, numbering 405 cadets.



American Golfers Sail to Play in British Open.

Left to right are shown, Al Espanosa, Gene Sarazen, Johnny Farrell, Gilbert E. Nichols and Walter Hagen, American golfers, who sailed on the S. S. Mauretania to play in the British Open Championships.

Dividend Notice.

Quarterly dividend of 1.34 per cent. on Preferred and 1.30 per cent. on Class A Common Stock of Sawyer Boot & Shoe Co., Bangor, Maine, has been declared payable July 1, 1924, to stockholders of record at close of business June 20, 1924.

H. F. SAWYER, Treas.

26-27

NOTICE. The subscriber hereby gives notice that he has been duly appointed administrator of the estate of

JOHN E. CLARK, late of Buckfield, in the County of Oxford, deceased, and given bonds as the law directs.

JOHN E. CLARK, Administrator.

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JOHN E. CLARK, Administrators.

Farm For Sale.

225 acres, 45 acres smooth, hand-some fields with 65 tons hay, pasture 25 head of cattle, large sugar orchard all equipped and good wood lot, 300 bearing apple trees; 8 room, one-story house, barn 40x60 with basement. This is a very attractive farm, can be worked with tractor. Price \$5600, including milking machine, engine and separator.

For sale by L. A. BROOKS, Real Estate Dealer, office to Market Square, South Paris, Me.

1924

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JOHN S. HARLOW, late of Dixfield, in the County of Oxford, deceased, and given bonds as the law directs.

JOHN S. HARLOW, Jr., Administrator.

June 18th, 1924.

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Notice to the Public.

I shall start peddling milk May 1st in South Paris. Those wishing to take milk please drop a card or telephone 125-12.

J. A. Thurlow.

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